

WHAT CAN I USE INSTEAD?



Often for lack of an ingredient, a recipe is ruined or an extra trip to the store is required. Sometimes, you need to buy a large container of an ingredient for just a teaspoon or two needed in a recipe. To the rescue: ingredient substitutions! Your final product made with the substituted ingredient may differ slightly from the original food, but still be acceptable in flavor, texture and appearance.

INGREDIENT	AMOUNT	SUBSTITUTE
Allspice	1 teaspoon	1/2 teaspoon cinnamon plus 1/2 teaspoon ground cloves
Apple Pie Spice	1 teaspoon	1/2 teaspoon cinnamon plus 1/4 teaspoon nutmeg plus 1/8 teaspoon cardamom
Baking Powder	1 teaspoon	1/4 teaspoon baking soda plus 5/8 teaspoon cream of tartar
Baking Soda	There is NO substitute for baking soda	
Butter	1 cup	1 cup regular margarine OR 1 cup vegetable shortening OR an equal amount of oil can be substituted for a similar portion of MELTED butter
Buttermilk	1 cup	1 tablespoon lemon juice or vinegar plus enough regular milk to make 1 cup (allow to stand 5 minutes)
Chili Sauce	1 cup	1 cup tomato sauce, 1/4 cup brown sugar, 2 tablespoons vinegar, 1/4 teaspoon cinnamon, dash of ground cloves and dash of allspice
Chocolate	1 ounce	3 tablespoons cocoa plus 1 tablespoon butter (or regular margarine or vegetable oil)
Cornstarch	1 tablespoon	2 tablespoons flour
Cream, whipping	1 cup unwhipped	If you wish to use a commercial pre-whipped whipped cream or whipped cream substitute rather than whip your own cream, use the guideline that 1 cup UNWHIPPED whipping cream expands to 2 cups when WHIPPED.
Flour, cake	1 cup	1 cup minus 2 tablespoons all-purpose flour
Flour, self-rising	1 cup	1 cup minus 2 teaspoons all-purpose flour plus 1-1/2 teaspoons baking powder and 1/2 teaspoon salt
Garlic	1 small clove	1/8 teaspoon garlic powder

INGREDIENT	AMOUNT	SUBSTITUTE
Herbs, fresh	1 tablespoon, finely cut	1 teaspoon dried leaf herbs OR 1/2 teaspoon ground dried herbs
Lemon Zest, fresh grated lemon peel	1 teaspoon	1/2 teaspoon lemon extract
Marshmallows, miniature	1 cup	10 large marshmallows
Mayonnaise	1 cup	1 cup sour cream OR 1 cup yogurt OR 1 cup cottage cheese pureed in a blender OR use any of the above for part of the mayonnaise
Mustard, dry	1 teaspoon	1 tablespoon prepared mustard
Onion, chopped, fresh	1 small or 1/4 cup	1 tablespoon instant minced onion
Pasta, substituting for one another	4 cups cooked	The National Pasta Association suggests these substitution ratios: 8 ounces of UNCOOKED elbow macaroni, medium shells, rotini, twists, spirals, wagon wheels, bow ties, mostaccioli, penne, radiatore, rigatoni, spaghetti, angel hair, linguine, vermicelli and fettuccine all produce about 4 cups COOKED pasta.
Pumpkin Pie Spice	1 teaspoon	1/2 teaspoon cinnamon plus 1/4 ground teaspoon ginger plus 1/8 teaspoon ground allspice plus 1/8 teaspoon ground nutmeg
Rice	Any amount	Most rice products will substitute for each other on a fairly equal basis in recipes; however, their cooking times and the amount of liquid needed may vary. If possible, choose a rice with a comparable grain length for the closest match.
Sugar, confectioners	1 cup	1 cup granulated sugar plus 1 tablespoon cornstarch; process in a food processor using the metal blade attachment until it's well blended and powdery.
Tomato Juice	1 cup	1/2 cup tomato sauce plus 1/2 cup water
Tomato Soup	10-3/4 ounce can	1 cup tomato sauce plus 1/4 cup water
Yeast, compressed	3/5 ounce	1 package (1/4 ounce) active dry yeast OR 2-1/2 teaspoons loose active dry yeast

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